Roots Natural Taking care of your Health





Melatonin Cool Peppermint

Melatonin is a hormone that can improve sleep oblêms caused b ress, jet lag or shift work. Melatonin oduction decline

Stress-Relay

Mental Calmnes

AND MENTAL CLARE

60 Choudde Talls

Reliefibre

from IBS

6 M

Quercetin

LipoMicel.Matrix

60 Liquid Sultgells

PS

PEA400

CHRONIC PAIN BEI IFF

with age. **BONUS SIZE**

180 210 Sublingual Tabs \$10.⁹⁹



building nutritional Studies show that nineral citrates have superior absorption



Vitamin B12



Extra Strength

RxOmega-3

600 mg EPA/DHA

Calcium &

Magnesium

Citrate with D3

1000mcg A superior form of vitamin B12 called Methylcobalamin that dissolves under vour tongue and appears to have advantages over all other forms of B12 It not only absorbs more readily, but keeps the B12 circulating longer

RONUS SIZE 210 Sublingual Tabs



RxOmega-3 is a highly concentrated form of omega-3 fatty acids pure source to support rt health, reduce seru triglycerides promote ne pain of rheumatoid arthritis. The fish oils are non-GMO

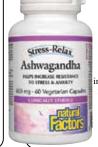




Promotes deep relaxation and mental clarity

- Safe and natural green tea 100% clinically-tested
- Suntheanine Fast-acting, great tasting chewable tablets

100mg 100mg 60 Chewable Tabs \$17



oothe Dig

Ashwagandha Helps increase resistance to stress and anxiety

Stress-Relax Ashwagandha features clinically studied organic KSM-66 Ashwagandha extract to help increas istance to stress and anxiety in people with a history of chronic stress, thereby ing their quality of life. Ashwagandl s a well-recognized Ayurvedic herb that is raditionally used as a sleep aid and nerve tonic, and also provides athletic support

Soothe Digest

By taking Soothe Digest at the

prevent gas, bloating and other

discomforts before they start.

oothe Digest contains fennel seed

nise seed, and caraway seed, three

aromatic carminative herbs that

are known to help relieve digestive

disturbances such as spasms and

eginning of a meal, you can help

Stress-Relay Tranquil Sleep 60 Ownship Taken

Tranquil Sleep Relieves mild insomnia and

sleep-enhancing supplements

- calms nervousness A synergistic combination of
- Helps you fall asleep, stay asleep, and wake refreshed Fast acting, great-tasting

chewable tablets

Chewable Tabs \$18.99

Reliefibre

Helps relieve minor gastrointestinal nptoms associated with IBS, including bloating, flatulence, dyspepsia, and altered bowel habits. Proven prebiotic fibre that helps improve intestinal regularity including constination and or diarrhea. Provides a gentle relief of constipation for adults and children above 8 years of age. Reduces glycemic response and glycemic index when taken with food

\$18.99

Ouercetin

An enhanced source of the antioxidant juercetin that is used in herbal medicine protect blood vessels, protect against oxidative stress, and provide immune support. Our unique patent-pending chnology creates a liquid micelle matri that disperses quercetin into tiny microdroplets, resulting in 10 times higher absorption than standard forms. Used for ane support and allergy relief.

60 Liquid Softgels

Pure Food

NON-GMO

MUSHROOM

Super Mushroom

Supports a healthy immune system. Increases energy and contains adaptogens that help with stress management. Suitable for vegans and vegetarians.

> Combines six organic mushrooms – maitake, shiitake, reishi, cordyceps, chaga, and lion's mane

60 Vegi Caps \$33.99

Biotic 7 BILLION 4-STRAIN FORMULA

IBS Relief

Super Immune

Vitamins A, D3,

0mega-3

IBS Relief Biotic 7 Billion Live Probiotic Culture

Helps reduce the duration of diarrhea in people suffering from irritable owel syndrome (IBS). Also reduces the risk of antibiotic-associated diarrhea in children older than 12 years of age, as well as, restores and maintains intestinal flora. This innovative probiotic is shelf stable-

30 Vegi Caps \$1 5 99

Super Immune Formula

Each softgel contains vitamins A and D3, omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosaĥexaenoic acid (DHA), and ssential trace minerals magnesium, zin and copper for one-per-day support. Help to maintain eyesight, skin, membranes and immune function. Helps in tissue formation and in the development and maintenance of night vision. Easy One-A-Day Dosage

60 Liquid Softgels

OsteoMove

L-Glutamine concentration, learning, vocabulary

L-Glutamine Micronized Powder

dutamine is critical to protecting muscl tissue and supporting muscle growth. Natural Factors Micronized L-Glutamine

is an easy to absorb supplement powde that can be mixed with any drink and is flavourless. This supplement increases energy and helps prevent infection by ting the immune system, and repair the lining of the digestive tract.

300 g Powder \$16.99

Extra Strength Joint Care OsteoMove

Reduces chronic and acute inflammation, relieves joint pain accelerates repair and recovery of joints and connective tissue Improves flexibility, increases hydration and nutrient flow in joint cartilage.

120 Tabs \$32.99

PEA400

\$29.99

PS

Key to Memory

PS Phosphatidylserine boosts the

efficiency of cell membranes,

especially in the nerve cells of

the brain, leading to improved

and memory. Helps prevent age-

related cognitive decline.

30 Softgels \$16.99

- Helps manage chronic pain and discomfort
- Has analgesic, neuroprotective and anti-neuroinflammatory
- Used to relieve the pain associated with nerve

90 Vegi Caps



formula contains a potent mbination of targeted nutritiona and heart health

compounds shown to optimize mitochondrial function the key roducers of energy within our cells ne delicious watermelon-flavoured drink mix supports the body's ntioxidant defence systems, helps reduce symptoms of fatigue, and contributes to brain, muscle. SAVE \$5.

regenerLife

DOUBLE STRENGTH Theracurmin'

mRelief Comp

Theracurmin Double Strength

Curcumin is the yellow pigment of urmeric valued for its many health benefits. With curcumin, it's not now much you take, it's how much you absorb. Curcumin Rich with Theracurmin provides superior absorption compared to regular

60 Vegi Caps \$34

At Root's Natural we do all the research for you!



mnune System

Instant Rel

Ouick-Blast

Quick-Blast liquid soft chews are formulated to provide instant relief and be soothing to the throat with a minty "blast' to clear the sinuses. Contains eucalyptus, peppermint and lemon in a base of honey and super strength echinacea.

30 Softchews

Oil of Oregano

Certified Organic

Wild Mediterranean

Oil of Oregano is a potent herbal

antimicrobial that effectively

tackles bacterial, yeast, fungal, and

parasitic infections. It offers powerful

antioxidant protection and immune

system support, and helps relieve

Lung, Bronchial

& Sinus Health

ung, Bronchial & Sinus Health

can help those with chronic

respiratory problems breathe

easier. Useful for anyone with

asthma, bronchial congestion

sinus problems, or occasional

havfever

45 Tabs

various respiratory conditions



SunVitamin D3

1000 IU (25 mm)

Elderberry

Milliag - 60 Fact Acting Soft

Vitamin D3

Vitamin D3 is called "the sunshine vitamin" because we can usually get it from the sun's Iltraviolet rays; it supports bone development and is needed for calcium and vitamin C absorption, and it supports the nervous system

90 Tablets

Black Elderberry

Immune Support

Helps relieve fever associated with

in herbal medicine. Also relieves

throat, and catarrh of the upper

the common cold and flu, as used

symptoms such as cough, sore

espiratory tract. Elderberries are a

irce of antioxidant anthocyanin

polysaccharides, and other

beneficial micronutrients.

Softgels



Effective against all viral conditions plus powerful immune support. ontains ECHINAMIDE, astragalus lomatium, reishi, and licorice. Stimulates your immune system and provides anti-fungal and antibacterial properties.

Anti-Viral

Zinc Citrate



90 Tabs



Anti-Cold Tincture Stimulates your immune system to fight colds and viruses. A super

concentrated formula derived from the roots and flowers of fresh, organic echinacea provide powerful cold (and flu) prevention.

Magnesium Citrate

Provides 150 mg of high-quality,

in a delicious, sugar-free, key



BioCgel Powerful antioxidant

protection Synergistic combination of 500 mg of calcium ascorbate and 50mg of BerryRich™, an ORAC-rich whole fruit blend

Easily absorbed, gentle on the stomach, and non-acidic.



Coenzyme Q10

Important for every cell CoQ10 helps produce energy and maintain heart function. A powerful antioxidant that enhances immune function imperative during cold & flu season

60 Softgels \$1 () 99



WellBetX

Berberine

500 mg

Hawthorn **Phytosome Support Heart Health**

Berberine

WellBetX Berberine acts on

natural option for improving

blood sugar, triglycerides, and

cholesterol levels. It promotes

cardiovascular health when

paired with a nutritious diet

and physical activity.

60 Vegi Caps \$15.99

he body and makes it a useful

Cardiovascular Support



Helps improve circulation irregular heart beat, chest pain, and low or high blood pressure without harmful side effects.

\$10.⁹⁹ 60 Caps

Pantethine

formula that provides 450 mg of the bioactive coenzyme form of vitamin B5 alongside Farm Fresh Factors, a bioenergetic blend of phytonutrients, for direct support lipid metabolism and to help lower total and LDL

22254 Dewdney Trunk Rd. Maple Ridge BC 604-467-1822

Garlic+Reish

Lung, Bronchial

& Sinus Health

Supports the immune system and helps maintain cardiovascular health courtesy of a 10:1 garlic concentrate and 30:1 organic reishi mushroom extract for adaptogenic support. Each capsule provides the full spectrum of active garlic compounds in a

delayed-release format to help

Garlic + Reishi

reduce garlic breath.

Magnesium Citrate - 150 mg 19Y LIME - BUCAN FREE

lime flavoured chewable tablet agnesium helps maintain proper muscle function and supports healthy bones and teeth. This oneper-day formula is easy to take and offers an enjoyable option for people who have difficulty

swallowing pills 60 Chewable Tabs



Joyful

AOR

S+Francis

HERD PARM

Strest

Children's Health

Big Friends

Chewable Vitamin D3

A great-tasting, natural source of

the sunshine vitamin, essential

for building strong, healthy bones

and teeth. Ideal for all children to

support calcium and phosphorous

absorption. Sugar and gluten free.

BioFe iron

Help prevent iron deficiency

nd iron deficiency anemia

BioFe does not cause upset

stomach, constipation, or

stained teeth. Best of all,

BioFe tastes great! BioFe Iron

systems: an unflavoured drop

a tiny chewable tablet, and

a delicious liquid. No sugar

10% OFF

Big Friends

Chewable Vitamin C

A fun and delicious way for children

to keep their antioxidant intake up

and their bones, cartilage, teeth,

and gums healthy. Children love

the tangy orange flavour, while the

naturally low acid content protects

teeth and tummies.

Tangy Orange 90 Chewable Tabs

250 Chewable Tabs

KIDST*R

D-Stress Organic Lavender Oil

· Relieves symptoms of mental promotes relaxation and restful sleep

stress, restlessness, and exhausti-Side effect-free solution that

Profi Protein

Try the best tasting plant-based protein on the market! 20 grams of highly absorbable protein and a great source or iron as well. Delicious for kids and adults alike!



AOR

FLORA



Relieves stress and anxiety Provides fast-acting, temporary relief from feelings of tension stress and anxiety. Promotes mental relaxation and regulates mood, Calms "Monkey Mind," and promotes faster initiation of, and improved quality of sleep.

120 Caps SAVE \$5.0



Flax Oil

Essential Fatty Acids (EFAs) are 'good" fats, but the body cannot nake them on its own – they must be obtained from our diets. Flora's Fresh-pressed, unrefined 'Seed to bottle" flax seed oil provides ooth omega-3 and omega-6 to promote optimal nutrition and health.



Nature's calming supplement in a mixed berry flavour, features magnesium and sleep promoting nutrients Suntheanine GABA and Melatonin, to help ease your body into the restful sleep it

Nighttime Drink

Strest Adrenal Tonic 19 StFrancis

国地画

Strest

Sale Ends February 28, 2021

An ashwagandha-based formula that relieves symptoms of stress. restoring mental, emotional, and physical equilibrium. Reduces mental and physical

fatigue and anxiety. Promotes a calm state of mind. Shrink pack

100ml & 50ml



Joyful is formulated with nutrients that elevate mood and help manage anxiety Joyful contains 11 botanical extracts. amino acids, and bioactive forms of the vitamins pivotal for mood and cognition The therapeutic goal of Joyful is two fold: to elevate mood and to strengther resistance to stressors that generate

30 Vegi Caps

Ortho Adapt AOR

AOR's premium antistress formula

containing adrenal gland extract,

daptogenic botanicals ashwagandha,

hodiola, licorice and Siberian ginseng

and vitamins C and B5. Adrenal gland

extract provides a time-tested way of

providing key factors directly to the

drenal glands (a.k.a. the "anti-stress"

lands) in a way that single nutrients and

Acerola Powder

Need a boost of vitamin C?

Flora's acerola powder is a

whole food source of naturally

occurring vitamin C, pressed

from organically-grown fruit

vitamin C. Easy way to boost

vitamin C for the whole family

Each 3g scoop contains 900mg

FLORA

Dr. King's

Homeopathic Remedies

Homeopathic remedies for modern day people

Their formulas are all-natural, water-based and in

easy-to-use sprays; useable at any time of the day!



Sleep 8

Sleep more, sleep better, sleep eight. To help you get to sleep naturally, we combined the most effective natural sleep aids. These have had a long history of safe, nonaddictive use. Some, like hops and chamomile, have a history of use spanning centuries. Sleep 8 helps rebalance your body's

natural circadian rhythm.

60 Vegi Caps

Provita supplements

Provita products are cautiously handled in a controlled environment. And the manufacturing process has been meticulously designed for qualit assurance; dried powders and raw materials are computer measured, mixed, and monitored.



Pure Liver New Roots

Pure Liver

An excellent source of liver-specific nutrients including heme iron. Liver extract has been researched and used for both chronic hepatitis and chronic liver disease. It has also been demonstrated to improve fat storage and use, promote tissue regeneration, and prevent liver damage.

30 Vegi Caps **Beautiful-Skin** Evening Prinmrose Oil

Beautiful skin starts inside. Evening primrose oil (EPO) is naturally rich n GLA—a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkle and dull skin. Made with proprietary Rigel seeds, Efamol is the only brand clinically proven to improve skin moisture, elasticity and firmness

80 Softgels SAVE \$5.00

PURICA Clinically Proven & Targeted Probiotics



Vitamin D3 400 IU per Dro 1,650 servings

EWABLE

Children's Vitamin D3 Children and adolescents

deficient in levels of this crucial compound are more susceptible to disease and infection. Vitamin D receptors are also found in cells throughout the brain, and are critical for the maintenance of a healthy mood and behaviour

High-potency, 12-strain formula in convenient powder form helps establish and maintain healthy digestion and immune system

Children's Probiotic

function from infancy through adolescence, Provides 67 daily servings of 10 billion cells.

Portions SAVE \$3.00

Big Friends Magnesium Citrate

Each delicious bubble gumavoured chewable tablet contains 50 mg of magnesium citrate needed to support proper energy metabolism, tissue formation, muscle function, and bone development. This easy-to-take one-per-day formula is gently sweetened with xylitol and stevia

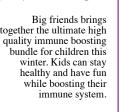
60 Chewable Tabs \$6.99

Sambucus Elderberry Gummies

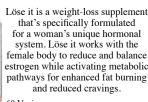


Sambucus Elderberry Gummies original & kids 60's with added benefit of Vitamin C and Zinc Helps relieve cold and flu mptoms and taste great! nmies are gluten free and gelatin-free.

Children's Surprise



Löse it



ABRYON

löse it

S STATE STATE

Ultra C-400

EstroSens

Botanica Phytocaps

scover Botanica's curated collection of finelycrafted herbs & superfoods. All Botanica products are rooted in herbal traditions, made of whole plant ingredients - never isolates or synthetics and produced in small batches for the greatest

15%OFF

purity and potency.

MegaFood -

Ultra C-400

Premium supplements made

with nutrients and real

food. Our Ultra C provides

antioxidant Vitamin C delivered

with real organic oranges for

the ultimate immune support.

EstroSense

Hormone Balance

Reduce hormone related problems

Heavy or painful periods

Endometriosis

Ovarian cysts

60 Vegi Caps

Acne

Uterine fibroids

Fibrocystic breasts

60 Tabs SAVE \$5.



NutraSea Dry Eye Targeted Omega-3

Vegi Caps

enzyme force

Helps to correct one of the underlying

causes of indigestion - poor enzyme

activity, by supporting and maintaining

a healthy digestive system. Noticeable

results include less indigestion, gas,

ploating, constipation and acid reflux.

Along with better digestion, increased

energy and alertness are also reported.

SAVE \$4.

Providing 1200 mg of EPA, 300 mg of DHA, and 150 mg of GLA to help relieve the symptoms of dry eye yndrome. National Dry Eye Disease duidelines for Canadian Optometrists now include EPA, DHA, and GLA as a management strategy for chronic

120 Softgels

Ultimate FLORA

Daily multi-strain women's probiotic

blend that supports women's gut

and overall health. Provides 50

billion live bacterial cultures in a

convenient once a day capsule.

For a limited time get 72 Caps for

the price of 60 Caps.

SAVE \$3.00

Male Energy

timate Male Energy is a rejuvenati

formula for men over age 35. It is

ormulated specifically to enhance

en's health and features nettle extract

Iforaphane. It also provides potent

chrysin, indole-3- carbinol (I3C), and

antioxidant support from quercetin.

turmeric, holy basil, and citrus

60 Vegi Caps

avonoids to protect the body's cells



activ-X

- Increase energy
- Maximize stamin
- Informed Sport Certified
- Made with Superior Nutrient Absorption

60 Softgels

SAVE \$4,00

NutraSea & NutraSea + D Omega 3

Ultra-pure, great tasting omega-3 to support the whole family. Made from pure, sustainably sourced ingredients. Supports cardiovascular health, brain



Naturtint

Naturtint plant enriched products are created to help you achieve gorgeous, long-lasting hair colour with minimal chemical ingredients that are cruelty free and vegan

Preferred Nutrition" Rhodiola

3% Salidrosides Rhodiola improves the body's and boost energy.

and maintain good healtl



ATURTI

ability to cope with internal and external stresses. As a caffeine-free alternative, an herbal extract of rhodiola can combat mental fatigue

60 Vegi Caps

BioSil Alpha VegiDay Vegan Organic **Rejuvenating Your** Hair, Skin, and Nails Provides a convenient and delicious way to boos MCT OIL BioSil 'turns on' the body's Alpha your nutrient intake. This all-in-one non-GMO actual collagen-generating cells plant-based formula provides protein, fibre. known as fibroblasts. BioSil's 100% pure medium chain SUPREME greens, vitamins, minerals, and antioxidants to natented ch-OS complex helps triglycerides (MTC) from your body to generate its own support the health of your body and the planet.

or on-the-go energy boost, VegiDay ÂÎl in One

offers a deliciou

Whether used as a snack, workout supplement,

and ethical nourishmen SAVE

Shake & Go

WINTER BOX

What's inside the box? (60 Chewable Tablets), Chewable Vitamin D3 400 IU (60 Chewable Tablets), Games, cravon

collagen to provide support for stronger, healthy and thicker lines and wrinkles and dense and more flexible bones.

Biotin

FREE Biotin with purchase

OIL

I Litre (33.8 oz fl)

coconut oil. Our body easily converts MCT'S into energy to be used as fuel and encourage fat-burning. For best results start taking 1 teaspoon daily with food or add to your favouite smoothie or coffee. Part of a Keto friendly diet.

Sale Ends February 28, 202